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ABSTRACT

The National Outdoor Leadership School, located in Lander, Wyoming, is considered a leader in wilderness education. In addition to teaching the skills needed in various outdoor sports and activities, equal importance is given to teaching what to do in emergencies, how to communicate, and how to lead. This updated wilderness guide covers technical skills and knowledge, such as choosing the right tents or boots, but also stresses the overarching importance of leadership, environmental awareness, planning, expedition philosophy, and teamwork. Chapters cover why one goes into the wilderness; expedition planning; selection, care, and repair of equipment; dressing for the backcountry; "leave no trace" camping techniques; hiking and travel techniques; leadership and expedition behavior; maps and compasses; emergency procedures; weather; cooking in the backcountry; and our responsibility to the land. The chapters on equipment, travel techniques, leadership and expedition behavior, and weather contain interviews with experts in the field. Appendices present an equipment list, 13 books for suggested reading, and an index. (Contains photographs, illustrations, and figures.) (TD)

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